

SBMSA

SUMMER 7on7 PASSING LEAGUE RULES

Updated March 2023

MOUTH PIECES: IT IS REQUIRED THAT MOUTH PIECES BE WORN & SOFT-SHELL HELMETS ARE STRONGLY ENCOURAGED.

NOTE

These Summer rules work in conjunction with our Fall 7on7 Rules. The rules below are included for a quick reference for our summer league. Any rules specifically written below apply to our summer league. For any information not specifically referenced below please see our Fall 7on7 Rules for further detail (e.g. penalty enforcement)

1. Divisions:

- LEVEL I – Incoming 3rd & 4th Graders
- LEVEL II – Incoming 5th & 6th Graders
- LEVEL III – Incoming 7th & 8th Graders

2. Field Dimensions:

- 2.1. Field Length--45 yards long
- 2.2. Field Width—Regulation
- 2.3. End Zone—10 yards deep

3. Starting the game:

- 3.1. A central timekeeper will be designated. All games will begin and end on this person's instructions. Call coaches up 3-4 minutes before game time. Games need to start on time. They will also announce the time remaining at the 10, 5, and 2 minute mark.
- 3.2. Visiting teams will get ball to start the first half. Home team gets the ball to start the second half.
- 3.3. Players should wear SBMSA assigned shirts.
- 3.4. All coaches and players on same sideline. Home team on West side and visiting team on East side. Please stay on your side of the 20-yard line.

3.5. All Parents/Children outside fence.

3.6. Ball is always placed on the right hash mark when at the 45-yard line.

3.7. Three coaches allowed per team. One coach is allowed on the field only on Offense (no coach is allowed on the field on Defense). Have your play book ready.

***Game Balls:** Each team provides their own ball. Ball size must be Pee Wee Size for Level I, Junior Size for Level II, and Youth Size for Level III. Full Leather Balls Only.

4. Moving the ball:

4.1. Offensive Plays Must All Be Passes! (No Kicking/Punting)

4.2. **First Downs:** Field is marked at 15-yard intervals. (3 first downs without a penalty would result in a touchdown)

4.3. Possession always begins at the 45-yard line at the right hash mark. Hash mark placement of the ball must be enforced by officials, in accordance with NCAA rules, once the ball has been advanced.

4.4. No penalty will be assessed in excess of the 45 yd line. On an unsuccessful or successful offensive play from the 45-yard line resulting in an offensive penalty: The ball will be returned to the 45-yard line and 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover.

4.5. **Offenses always move in the same direction.**

4.6. All passes must be forward. A pass caught behind the line of scrimmage must be a forward pass.

4.7. Once a forward pass has been thrown, a backward pass (lateral) is allowed.

4.7.1. There can only be one forward pass per play. A "forward pass" is defined as a live ball thrown toward the opponent's goal line.

4.7.1.1. A forward pass can be underhanded.

4.7.1.2. The ball cannot be handed off.

5. Special Rules:

5.1. No blocking or moving screens allowed.

- 5.2. Receiver/Ball carrier is legally down when touched with one or both hands below the neck.
- 5.3. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The second count remains in effect on snaps.
- 5.4. Each team will have 35 seconds to snap the ball once it has been marked ready for play.
- 5.5. Two delay of game penalties in the same possession results in a turnover. A delay of game penalty on the extra point try results in a turnover.
- 5.6. **The QB is allowed 5.0 seconds to throw the ball.** The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.
- 5.6.1. If release is under the second count, the play goes on.
- 5.6.2. After the play is complete, the timekeeper will see if the clock exceeded the second count. If the clock exceeded the second count the ball will be brought back to the original line of scrimmage with a loss of down **UNLESS** the defending team declines the infraction (e.g. there was an interception).
- 5.7. Responsibility to avoid contact is with the defense. There will be NO chucking. Deliberate bumping or grabbing.
- 5.8. Interceptions may be returned ("no blocking" rule applies). If an interception is returned beyond the 45-yard line (the offensive origination point) it is a touchdown and point after attempt should ensue. The teammates of the person who intercepted the ball may trail the runner so as to be in position to take a backwards pass. They may not block for or screen for the runner.
- 5.9. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot in a timely fashion. Failure to do so can result in a delay of game penalty.
- 5.10. The offensive center is an eligible receiver (teams must have a center). The center must snap the ball between legs.
- 5.11. The center will be responsible for setting or re-positioning the Referee's bag at the line of scrimmage. On change of possession, the team moving to offense will ensure the bag gets to the new scrimmage line. (Centers on both teams responsible).
- 5.12. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. (There is no kicking). Four down territory occurs only after offense proceeds to or inside the 15-yard line cone (third quadrant).

6. Scoring:

6.1. TD - 6 points

6.2. PAT

6.2.1. From 3-yard line – 1 Point

6.2.2. From 10-yard line – 2 Points

6.3. Official score is kept by field referee and game manager.

7. Tie Breaker: Games can end in a Tie. No Tie breaker

8. Time:

8.1. Halves = 18 Minutes (continuous clock for each half--see: "starting the game").

8.2. No time outs. (Exception: Injuries. Both games on the Field will halt until player(s) can be removed as soon as safety dictates).

8.3. Half-time = 2 Minutes

8.4. No Forfeits please: Teams can play with 6 and/or other team can loan a player. Start the game on Time.

8.5. Injury time outs may reduce the amount of time between halves and/or between games to maintain the game schedules.

9. Team Formation:

9.1. Team formation for the summer league will be combination of player request, coaches request, geography, and/or league placement.

10. Minimum Playing Time:

10.1. There are no specific requirements for playing time during the summer. However, it is expected that all coaches do their best to distribute at least a reasonable amount of playing time to all players.